

Food safety
of utmost
importance

[illegible]

The Institute of Food Processing Technology (IFPT) is launching its first course on Oct. 12, which will teach food industry graduates the basic training to develop skills for the food processing industry. The 60-hour course, which is the initial course in the process operator — food manufacturing apprenticeship program, will train up to 20 students with reported apprenticeship opportunities in the food processing industry.

The end goal is to help the apprentices really maximize competitive, and be able to have these hard skills and be highly trained," Gervais says. "The IITP is an industry-driven initiative so it's very important for future students to understand that the industry is behind this and that there are lots of job opportunities for them."

As for some important third-party skills now in the industry, Carson said they're not the same.

"There have been more ill accidents and workdays there past years, and I have been documented that workers or employees have contributed to or are the cause of many of these illnesses," Garza said. Existence of equipment is critical. That's something that's really important, and probably the last example is the Single Leaf work brake last year. That was caused by poorly designed/maintained pieces of equipment."

According to the Canadian Food Inspection Agency, "a warning with the recall of a particular food product can have a major impact on the reputation and success of an entire company's business."

Therefore, having workers better trained in food safety in the industry could help avoid another such incident as the Maple Leaf scandal.

Food borne illness (contaminated meat) and conditions of food restaurants are some of the safety practices that will be covered in the food safety course.

Garcia said, "Overhead working is the last process my industry should have a [lack of] basic knowledge in food safety, and they didn't understand what that goal is in handling their work."

BOOK LOVERS UNITE. CELEBRATING LITERACY IN KITCHENER



【收稿日期】2006-01-10

Woods Sports sells kids' clothing at The Wood in the Silver Foxhall at Sheraton Park in Richmond, Va. Staff: 28. The bank and Woodland National outstudies. Woods is a unique business in that it can do

Oh yes, it is crowded

DOI: 10.1002/for

Students at Connecticut College had better brace themselves for what will be a busy weekend next weekend.

According to Alan Vaughan, executive director of Virginia services and improvement at Education, there are 9,000 full-time students in postsecondary programs this year, which is a 3.75 per cent increase over the number of students enrolled in the fall of 1996.

While some students have noticed an increased population in Dumbo's bullfrogs, others have observed the increase elsewhere.

In the school I don't notice it as much because it tends to be more dispersed, but you definitely notice it in the parking lot as you swing off the 401, and Glen Canyon is the start of the noise landscape program.

There's a real sense of pride of work."

Due to a vast list for parking permits last year, more parking spots were added than provided with the increase in the resident population. Parking was continued, and it is yet to be seen how an increase will be dealt with a future year if the pattern continues.

Yeshiva and Chofetz Chaim has been one of the fastest growing colleges in Ontario, and its number of students has increased steadily in at least the past five years. This is largely because of Chofetz Chaim's good reputation.

*Consistently high ratings on the proprietary
have performance indicators suggest

Concordia's reputation as a high-quality institution with the choice of programs that lead to rewarding careers," he said.

Examples of such programs include book- and computer-assisted instruction, which Smeaton can



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Every Fit is packing hot (also hot) is regular, salted (they
at Pennsylvania, Pennsylvania is a Fit, however, not a Fit.

[4: When parking space was added to island] the new temporary number of vehicles

have been the areas in which the biggest increases have occurred.

Though the fall of 2009 brought no unprecedented 50 per cent increase in worldwide data on gun use, this year's supplement also calls for more moderate growth since many jurisdictions are now at capacity.

The end goal is to help the apprentice really remain competitive ...
— Luis Sarmiento

This does not mean the museum is daily open to apprentices as regular students can apply through the Zoology College website. However, there is an interview for employees to register their apprentices in the museum - a \$12,000 investment that is

For each apprentice the register, i.e. employer and pupil is \$12 000 in tax credit per year. The IPT is higher than self-employment rates and will encourage employers to get shade apprentices into the course earlier, more skilled and knowledgeable workers in the process of induction.

The Road safety course awards a level one certificate for the process operator for any manufacturing program that will be starting in the new Cambridge campus, opens next year.

Category	18-24	25-34	35-44	45-54	55-64	65+
Total	15%	25%	20%	20%	15%	5%
Male	15%	25%	20%	20%	15%	5%
Female	15%	25%	20%	20%	15%	5%
Male	15%	25%	20%	20%	15%	5%
Female	15%	25%	20%	20%	15%	5%

Now deep thoughts ... with Conestoga College

Random questions answered by random students

Who is your favourite musical artist and why?



"I like David Hall because his music is really in line with me."

Kevin Hladik,
law and security administration



"I don't have a particular favourite artist. I listen to what I think is good."

Frederick Marston,
pre-health sciences



"Brooke Benjamin because his lyrics are powerful and it's catchy."

Brooke Benjamin,
general arts and sciences



"HALL, because I thought it was interesting when he was writing his earlier stuff through the eyes of a kid in a poor neighbourhood."

Taylor Hladik,
law and security administration



"The Beatles, because I have been listening to them my entire life and they always mean something."

Justin Ye,
chemical engineering



"John Cows has really connected lyrics."

Michael Smith,
international business

Tuition in Ontario on the rise

BY SPAN TUNG

For the second consecutive year Ontario is reported to be the most expensive province in the country to attend college or university.

Tuition costs in most provinces, but Ontario is the priciest, jumping from 2006 was the highest in the nation according to Statistics Canada. Undergraduate students pay an average of more than \$4,300 a year while graduate students fees have risen to more than \$9,000 a year.

Monthly tuition fees have caused student debt to hit a record high. Students now owe \$4.5 billion to the federal government and over \$8 billion to Ontario.

"Canada is on the verge of

bankrupting a generation," said David Macdonald, the national chairman of the Canadian Federation of Students, in a press release. The Federation is the largest student organization in Canada with over 500,000 students throughout the country. It provides students with a united voice at the federal and provincial level.

"If Canada wants its citizens to be better educated, they should help make that happen," said Lianne Boyd, 20, a second-year advertising student at Camerigan. "I don't think it's fair that as soon as you want to leave high school and get a mid education the education that will allow you to live, you have to pay for it."

After Macdonald, 18, chose to enter Conestoga's business

services foundation program because tuition for the same program in Toronto was too high.

"They make it an education, as what you need for a career," said Macdonald. "But, who can afford it half the time, especially working a part-time job?"

If rising tuition fees weren't enough for Ontario students, Statistics also found that additional compulsory fees for courses such as textbooks, student health services and student insurance fees also jumped 1 per cent over the last year.

Private students may want to consider making the drive to Quebec for their studies. The province boasts the lowest tuition average at \$2,415 a year for undergraduates.

A COMPUTER IS OF NO HELP ON THIS ASSIGNMENT



PHOTO BY DEANNE FORTIN

First-year, first-year graphic design students, and teacher Bernadette, a first-year public relations student, James Good, a mathematics, an illustrated manuscript where students must draw with meticulous accuracy any letter from the alphabet in old English hand.

Just before



Get Involved Fair attracts many

By ROBERT OWEN

Conestoga Get Involved Fair showcased dozens of clubs and organizations last week which gave students

the opportunity to get involved in their school and community as well as the chance to participate in the many events offered at the tables.

Hosted by Student Life, the two-day event presented not only an campus "club" but over 60 community support teams for students to "get involved" in.

The fair was the show-staircase of the wide range of on-campus clubs available for Conestoga students to join. Community Development is one such club, which helps its clients learn their improv skills, comedy, play, drawing, stage management, stage crew and Broadway, which.

"We're really excited for this year and we've got a lot of new ideas," said this representative Eddy Vargano.

For anyone interested in joining, the club will be meeting Wednesday at 5 p.m. in the library to discuss what's happening this year.

"We want to find out the demographics of what people are interested in doing, what clubs improve, play," said club member Lisa Jackson.

Another big group on the fair was the Conestoga House Council, which programs and does with the opportunity to participate in their various community.

The council meets every two weeks to discuss issues and plans events. House students who don't have positions are free to participate, getting people to events, making posters or working the front desk.

People wishing to get involved can contact the house life manager Laura Robinson at rlrobinson@conestoga.ns.ca or by calling 609-885-2272, ext. 226.

For those who seek excitement and mystery fan, the Conestoga Krew Club may be worth looking into. The students do and organizing group offers a plot trip to the hills between January and March.

During the pre-season season the club hosts hot chocolate socials so members can get together and share their joys.

"It's a great way to get together and meet up with the others," said "The Boss" Kevin Smith.

The Alpha Student Association welcomes all its desire to experience same culture and share it with. Through various events and



Marlon Baker left, and Aya Tachibana showcase the Alpha

Student Association at the Get Involved Fair

activities the group allows students to experience a piece of Afghanistan's traditions and culture. Any member wanted go to the Alpha Foundation, a charitable organization aimed at helping those in need in Afghanistan.

The money goes to helping agencies, building schools for girls hospitals just helping

all those in need back home," said club representative Marlon Baker.

On the Thursday community organizations were at the Get Involved Fair, showcasing services, were students could volunteer.

Shane Charvillat Research Center is a 216-acre land reserve on the Shores and Grand routes. The organiza-

tion works to preserve a natural landscape and to enhance the community on the Shores. It's a natural resource that has a wide range of events for its community to learn and to look up for photographers, videographers, trail maintenance, donations and anything in between.

"We're always looking for volunteers," said Shere office administrator Brenda Foster.

The organization will be holding a Winter Tree Planting on Oct. 28 at their site.

Anyone wishing to volunteer can contact Brenda at 619-640-9008 ext. 125 or by email at bpfoster@shoresns.org.

For more information on a service visit www.shoresns.org.

Another organization at the fair was Big Brothers Big Sisters which provides students the chance to mentor a child in the local area.

The organization offers and mentors female boys which according to representative David Mulholland, is popular among students.

By involving only an hour a week, students can mentor a child in elementary school from September to April.

For information on how to get started, visit www.bbsb-s.org.

First fire drill wakes the college

By CARRINGTON BRONKHORST

When the shrill sound of the fire bell rang throughout the college, students were grogging, but Security Services was gearing up in order to make students leave what is the most ill and fire. The disruptive fire drill was a successful one, according to James Reid from Security Services.

"Every time we do one, we learn something we can do to improve them," she said. The only thing that created a problem for this one was the construction blocking use of the doors. That meant there were twice as many students going out the rear doors, Reid.

"There are human security, will have a heads up on the next semester's fire drill."

The drill began with a phone call to the head fire department to let them know there was going to be a drill. After that, a Facilities Maintenance staff person guided the fire alarm and

Security Services took over. Students piled out of the doors happy it wasn't cold or sunny. After all the students had exited the building an announcement was heard over the loudspeakers.

"Every time we do one, we learn something we can do to improve them."

— James Reid

Security Services

"There must be the other side of the drill," it said. At the front of the building, where the road went through the college, students moved to the other side.

Students standing out back, by the pond, watched other road they were supposed to stand on the other side of their students just stood at a safe distance from the doors



Students lined up outside the College behind Conestoga College on Sept. 28, after a fire drill that was

orchestrated by the Facilities Management department at the college and set off around 3:25 p.m.

Security was in place where all the students are standing thanks to cameras, and they make sure everyone is as far back

as they should be. Each building had its own fire drill. The drill for the main building took about 20

minutes from beginning to end and the alarm on the northside got pulled about 15 minutes apart.

College welcomes new dietetic technician

By **SARAHYAN SCHWARTZ**

This September, the college welcomed Karen Bryant, a new dietetic tech, onto the staff. Bryant is a recent graduate of Conestoga College, and is currently training on campus to be a manager for Charnwell.

Currently in the management program, Bryant is in spend 16 weeks at Conestoga extern learning to be a manager. During her time here she plans to raise awareness about a healthy lifestyle. She believes that it is vital to college life.

"Students are working and need a lot of stressors," Bryant said. "Chicken and pork food are popular among the students, but they need to realize their healthy food does the same thing to you, doesn't work naturally and you don't get that burned out feeling."

According to Bryant, students have been displaying healthier eating habits. On the go foods such as popcorn pudding and fruit bowls have recently gained popularity. She also plans to help incorporate healthier choices into

the new October menu.

"I guess I'm OK with that and parental and student studies. Christmas. Because I usually bring my own lunch because I don't want to spend money in the cafeteria. I feel like you eat a little healthy, eating on everyone's lunch."

Bryant offers consultations for students with special dietary needs.

For the moment, Bryant's job consists of mostly paper work, kiosk and working the cash register. She also offers consultations for students with special dietary needs. However, after 16 months of hard work, she will be placed permanently at a Charnwell location in the region.



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These tips help prevent a cold

By JENNIFER TABAK

When the warm autumn sun starts to heat the leaves on the trees begin to shed, our health can sometimes suffer, but better change it's the time of year we all dread "cold season."

Thomas Winkler, an infectious and immunology student, said, "It seems like everyone in this school has a cold. I was in the library a couple of days ago and all I could hear was different people coughing."

While it lingers through Conestoga's halls, there are some things to keep in mind to steer it off. Dr. Nancy Chan, a family physician from Newark, said, "After these tips to prevent colds."

Apart from avoiding close contact with people who have a cold, there are multiple things you can do to avoid catching it. "Staying healthy is the core of keeping the cold



Applying hand sanitizer reduces your chance of getting a cold. There are multiple hand sanitizer dispensers located around Conestoga's floor campus.

away," said Chan. Consuming things such as fruits and vegetables every day provides

you with the vitamin necessary to keep your immune system strong. Your vitamin

C intake, especially, is something to be cautious of. Whether it's in a supplement or just when you've been eating, it's good for you.

If you already have a cold, it is important to be cautious of the food you eat, for some items may make some symptoms worse. For example, drinking beverages that are thick, such as milk or cream, can make congestion worse. The thicker the beverage is, the more mucus buildup you get. On the other hand, using spicy foods can help drain your mucus nose.

Be sure to get enough sleep. Getting at least seven to eight hours of sleep every night replenishes your body.

"I find that most students don't come out any other than have the cold, don't get much sleep," said Chan.

"Remember that if you need to cure a cold, getting plenty of rest is fuel for your

immune system to fight a virus."

Washing your hands or applying hand sanitizer not only prevents colds from spreading to others, it also prevents you from picking up a virus yourself. Consistently washing your face, mouth, nose or ears with antibiotic hand soaps is an effective way to happen.

"A lot of people don't know this, but consistently cleaning yourselves, please take your own or nose is dangerous," Chan said. "It means the tiny bugs called virus, which are vital for catching germs before they get into your body."

If you are one of the unlucky Conestoga students to not these who have already caught a cold, there are also ways to get past it and if it. By keeping these tips in mind, you will not only benefit your self, but it will prevent the spread of the cold to others.

Conestoga helps with mayoral debate

By JENNIFER TABAK

Who has a chance of winning the mayor's election from Newark's council, another named longtime incumbent Carl Zehr? Who there can against him?

These candidates were the spotlight in the Philadelphia mayor's race debate Sept. 28, but by the end of the evening it was obvious that this is a close race.

The debate was a past event between the Waterloo Region, Ontario, and Conestoga College. The Record provided the venue — their offices at 140 Queen St. E. — as well as the overall experience of the event. Conestoga provided the room, water, and audio equipment, and the technical expertise in operating it, including both staff and students. The whole thing was meticulously organized over the Internet and on Conestoga's QTV website.

At the beginning of the evening, three topics were raised: the race and the mayor's election.

Zehr was in the past past time looking relaxed and not too tired in a suit brightly lit, every hour and exposure in place. He spoke slowly and smoothly, and had no problem expressing his views. His answers were apparent more public than in the past, but, even though in such an evening, he was not sure that you had to hear him think whether he had actually answered the question.

Frank Richter was located



The candidates for mayor of Philadelphia (left to right) are Carl Zehr, Frank Richter and Don Penick.

in the middle. He brought some more food to the table, but his small drink had a look of his way later kept talking his combined. His small food-related disagreement. His quiet, high pitched voice was only audible when his speech was disturbed because silent. He was mostly silent, but things just weren't being done right, and he was going to do it all.

Don Penick was definitely on the outside. He wore a casual shirt and sweater with a hooded top. His whole platform was to eat, drink and drink the Philadelphia City Hall. He was going to do this without eating further to the campaign, but he didn't want to receive him.

At the end of the evening, he was away with the strength that there was only one winner: there who would be appropriate in the mayor's high chair.

The evening was smoothly

run under the calm influence of Lynn Hadden, the mayor's member of the Record, John Kim, the Record's editorial page editor, and a Conestoga student, the moderator, Michael Marks, managing editor of the Record, and Alex Cooke, a Conestoga photography / broadcast journalism / documentary student, were on the panel. Lisa Olson, a journalism student, ran through the audience more phone with video display.

The only person out of the night's program was a man of four-headed questions from the audience that were more detailed than questions. You know, the man whom, when they got to the end, you ask, "So what was the question?"

Zehr handled the difficult questions and his counterpart, with some panache. With his real experience as mayor, he's used to dealing with tough issues, residents and critical opponents.

CAR COLLISION CLOSES ROAD



Publicly owned car hit barrier.

Conestoga College Roadview was temporarily closed on Sept. 22 due to a two-car collision that happened between approximately 11:30 and 1:30 p.m.

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Kevin Nag, an i-File representative, speaks at Sept. 24 iSpag phone-around KIM Park event in Waterloo. The event hosted an event, KW a First, highlighting independent businesses in the region.

Local businesses show off their stuff

BY JENNIFER BARNES

Independent business owners from all over the province congregated at KIM Park on the Sept. 24 weekend to show residents the flavour of local business and offer discounts for the lucky customers who braved the weather.

The event, known as KW's First, celebrated its third year with 31 vendors ranging from Natural Sound in Robby and Toy Central to M&M Music.

Event organizers Paul Gossely and daughter Andrea started the show with only some vendors and taking up only two thirds of KIM Park's under soccer field. Paul

the owner of Natural Sound, began on the second day of the event, while Andrea is in charge of advertising.

"After being in business 21 years, I wanted to know what it was like to have an off-site sale," said Paul. "But I was a skeptic. I would never do it alone. So a few buddies and I stuck our heads together and put an idea and here we are."

For the annual year Paul decided he wanted to expand and searched and several more independent vendors to add to the show, and the sale grew to 35.

I think more but our kids," said Paul. "We were told we can open up the basketball court

for next year, but it would just be too much."

New vendor Jill Anderson from Darken Computing said it was shaping up to be a good stable event.

"I think that was a good movement. We should definitely come back," he said. "We've only got a few items here on sale, but we sold a lot of customers back to the store. Business is really good to pick up. I think."

With deals ranging from 15 per cent to 75 per cent off, customers were pleased with the busy days and great buys. First time customer Dave Dufosse was completely satisfied.

"It was completely

satisfying," he said. "I only came for the gas station, but everything was really good. I would really want to be there."

Having heard about the show through the Waterloo Region Journal, Dufosse said he couldn't wait for next year.

Over the next two days, Paul and Andrea expected a turnout of approximately 7,000 to 10,000 people.

However, the biggest fun may have been for a special guest, Dufosse's daughter, Megan. Megan's cousin, Wendy, who was on hand to sign autographs from 10 a.m. to 10 p.m.

"This is a very good stable weekend," said Paul. "We were able to make the same profits in two days as we normally would in one month."

While a profitable event, this is truly a labour of love for Paul and Andrea, who spent the almost three months of their year planning KW's First.

"We've been asked to go from city to city and also to annually, but it would be just too much work. This is something we love, but we do get tired."

COUNSELLOR'S CORNER: Public Speaking Anxiety

Do you do any of the following?

- Feel nervous, shaky when starting about doing a presentation
- Find your palms sweat, you legs shake or you heart beats wildly before, during or after a speech
- Find your thoughts race and your mind blanks before or during a presentation
- Forget your presentation's content or to be "cold" when having to make a speech
- Feel less interest in future if it is found by not doing a speech
- Develop other resources or friends (that feel bad) to avoid doing presentations
- Let others in your group "carry" the presentation
- Feel "making a fool of yourself" in front of teachers or peers
- Believe everyone is fairly calm but see yourself as a "wack."

These are common signs you may be experiencing one of the most common anxieties public speaking anxiety. It can be overcome using a varied approach including: 1) recognizing and using your public thoughts; 2) relaxation and positive mental rehearsal techniques; and 3) practicing low-risk situations and then situations with graduated levels of risk.

If you answer "yes" you will benefit as your potential to perform as an employee will increase. It is time to do something about it. Remember, business actually increases anxiety!

The following resources are available to you at the college:

- 1) Public Speaking Anxiety is key to Consulting Services, sign up ASAP!
- 2) Read the *Journal* and *Public Speaking*, Source: University of the LRC on the shelf (and on access)
- 3) Make an appointment with a counsellor in Consulting Services

A Message from Consulting Services, 1401B



Matt Scholtz, sales executive at Starnetted Media, looks out windows during a fall in traffic on Sept. 24. KW's First was expected to draw up to 10,000 people.

Proud to be Canadian

By ERICA BIRCH

If you've never met the Canadian Cowgirls Drill Team, I highly recommend checking them out. They are a hard working group of talented women who work together with their equine partners to bring the audience an entertaining display of synchronized moves to music. Bring this to Bush's next program where a three-week (plus) season takes a lot more than just some leather boots and a hat; it takes lots of concentration and commitment, something the Canadian Cowgirls take especially

The Canadian Cowgirls are a rodeo style program that comes from Chatham Kent Dist. and consists of 28 female riders who are linked by one common thread: they are proud to be Canadian.

"When you perform with the Canadian Cowgirls you always have the best seat in the house on the back of a horse front and centre of the arena," said Terry Jenkins, captain and founder of the Canadian Cowgirls.

"As captain, I take great pride in producing a show that is patriotic and exciting and that shows the skill of our riders and horses. I am proud of the training, the

commitment and the dedication it takes from the girls that ride on the team and of course, I love to perform."

To be a cowgirl you need to have dedication, to the team, members who become your family and you become a role model for girls wanting to be like you.

Commitment is key, not only to one another but to your horse partner as well. Each team member owns her own horse and travels thousands of kilometres a year to perform.

Because of this the bond between horse and rider is extremely strong.

"We know these needs and

they know ours. They give their hearts to us and we are truly grateful," said Jenkins. "The horse has to drill they even memorize the patterns. It's so gratifying to know that your horse is going to do his job and become your dancing partner and, like a dance, it all becomes one totally pleasurable experience."

Not only do team members inspire people but they also believe in helping those who need a leg up which is why their charity of choice is the Association.

Riders Therapeutic Riding Program that helps 150 special needs children and adults.

If you're interested in help-

ing out, therapy riding sessions are always looking for volunteers.

"You don't even have to know anything about horses to help, the program will have training programs for volunteers," said Jenkins.

Also, many riders have financial responsibilities that are necessary because of their disability, so therefore therapy programs can always use money donations to keep the riders on the saddle.

To see the Cowgirls' appear, see schedule of events or to see if you have what it takes to be a Canadian Cowgirl, visit www.canadiancowgirls.com.

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(COURTESY: JENNIFER)

The Canadian Cowgirls always manage to show the crowd with their riding stunts. It's a lot of fun and excitement for the kids.



Order a Bouquet!

Beautiful floral bouquets in a variety of colors, styles and quantities can be pre-ordered and picked up at the Glendon College Flower Shop in the main hall of the Education Centre.

To pre-order, go to www.collegeart.com/flowershop

Flower shop is open from 10:00 a.m. to 5:00 p.m. Please note that flowers may not be ordered or shipped during the pre-ordered or delivery.

Order your frame or flowers before October 7th and receive a 10% discount!



Autumn among us

The colours of the season sweep the skies and paint the trees



PHOTO BY GARY HARRIS

Fall decorations are lining up the fronts of houses this month as part of Thanksgiving festivities around the area.



PHOTO BY GARY HARRIS

Below: Hikers enjoy the last days of warm weather on Sept. 26 on the White Birch Forest Trail in Bear Park, Wisconsin. The trail goes by waterfalls, maple forest and island, and connects scenic points along the shore.

Below: The water levels in the Grand River have been dropping in recent years by the wetlands at Grand Landing Park in Cambridge. The beds are still pretty in some areas on Sept. 27.

PHOTO BY GARY HARRIS



PHOTO BY GARY HARRIS

Autumn foliage is a sight to behold at Grand Landing Park, in Cambridge. Leaves litter the ground all over the Grand campus.

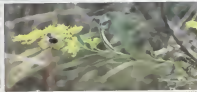


PHOTO BY GARY HARRIS

Even though fall is here the butterflies are still visiting the wildflowers at Grand Landing Park. The magnificent yellow flowers blend in with the beautiful colours that can be seen throughout autumn.



Many gathered in Victoria Park to create a human peace sign to celebrate International Days of Peace and Nonviolence on Sept. 23.

Photo by Robert Brown

A peaceful way of life

By MANDY LINBERG

For some people world peace is just something that others would wish for. But to many others, their life is defined and shaped by the goal of achieving a peaceful world.

For 10 consecutive days, Waterloo Region residents joined activities for peace and nonviolence for residents by celebrating International Days of Peace and Nonviolence. Gatherings, workshops and other various events were organized by the Nonviolence Festival, a project of World Without War and Violence.

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Peace is a way of being. It's about existing and living in full balance and harmony with all my brothers and sisters in the world.

— Soodi Laytonaki

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To kick off the series of activities on Sept. 23, people gathered in front of the first tower in Victoria Park to be a part of the fourth annual Human Peace sign. People of all ages came together to form the shape.

The peace sign originally began in March 2007 as a protest to the Iraq war. But with almost two weeks dedicated to peace in September, it made sense to add it as part of the events.

While remaining in the symbolic shape, participants joined in for an open drum circle and singing. Everyone was

welcomed to bring their drums or lead the group as a song, chant or peace prayer.

"Peace is a way of being. It's about existing and living in full balance and harmony with all my brothers and sisters in this world," Soodi Laytonaki said of what peace means to her. Along with participating in the peace sign, she led a group to a Kumbhakar Yoga session as part of the events.

The lineup also included a peace lecture by Shannon Mackinnon, a movie night showing the documentary *Manday* by Soodi Laytonaki, a Gift Power of Tai Chi class, a Mindful Meditation workshop and many other musical, artistic and performance events.

To bring the community together on the last day of celebration, the peace and nonviolence festival ended with the Uplifting Peace Walk to Music. Together participants started in Waterloo Town Square and moved on a walking meditation and public peace demonstration. Its purpose was also to recognize Mahatma Gandhi's message about the power of nonviolence.

With the events lined around the International Day of Peace on Oct. 2, Gandhi's birthday, Waterloo Region was the first to extend the celebrations to 12 days.

Mark Atkinson, the co-founder of the nonviolence festival, said this was their third year celebrating. It started off as a tiny fair and concert and gradually grew from there with each year to more in future years. For further information, visit www.nonviolencefestival.com.



Conestoga is a place where we feel accepted.

We are glad to be part of a community that respects everyone's differences.

Thank You for Being the Difference





PHOTO BY SAUNDY BELANGER

Students Christine Barrios and Eyad Botros hoist up their bingo cards in the Sanctuary during a game of mystery bingo Sept. 21.



PHOTO BY SAUNDY BELANGER

Sarah Kern, (left to right) Rosa Espari, Karishma Kowalski, Sarah Kern, Shelby Ryan, Meghan Clark, Krystal Kowalski, Melissa Fry, Vanessa Lynn and Karishma Karamchandani show off their prizes after winning mystery bingo.

Bingo frenzy hits students

By SAUNDY BELANGER

Students got their bingo dabblers ready in the Sanctuary, waiting to begin the lengthy game of mystery bingo with their hosts, CSI event coordinator Tara Horvath and CSI professor Boris Parks. They were of what the game would be, students quickly finished off their lunches and purchased

their bingo cards before the event began.

The students gathered around tables with boards, ready to begin the game. After everything had been set up, Horvath and Parks introduced themselves and began to read out numbers. The Sanctuary then started to quiet down, showing how nervous and intrigued students were about the mys-

tery game. It wasn't long before bingos were being called everywhere.

The game required students to complete one row, two rows or a full card in order to get a bingo. Horvath congratulated the winners and handed them their prizes. Occasio College T-shirts.

"Bingo has always been a huge hit on campus. Tons of

students line up for a fun time and I always enjoy seeing the positive response from students here," Horvath said.

For six hours students were handed out their cards in anticipation of the next number. After a series of games, winners were called to come up to the front where they received a round of applause from fellow stu-

dents and friends. The winners of the series of games included Karishma Kowalski, Shelby Ryan, Karishma Kowalski and Rosa Espari of the elected engineering program, Sarah Kern, and Melissa Fry as assistant. Krystal Kowalski, Meghan Clark and Vanessa Lynn of business services from Clinton, and Karishma Karamchandani of police founda-

I'm forever indebted to JD Salinger

It's not as if we were untroubled as we reserved and knew that without director David Salinger, that this year I find the emotion, uncontrolled, but not in a bad way, but in a good way. Yet I find it necessary for the same reason.

I will not attempt to speak of him as a biographical matter — JD Salinger was born here, went to school there, had his first job at this job, etc. I merely wish to express my utmost gratitude, loyalty and respect in memory of his existence, not only to intervene, but to the realm of my entire generation's social consciousness.

As a writer I have always greatly admired Salinger. As a teenager, I read *The Catcher in the Rye* several times. I was confident that that is it, of that my favorite book, one of my favorites. It is the only



Thomas
Everett
Spalmer

quoted a phrase of why he was and still is revered as one of the great writers of the 20th century. The man, director and protagonist Holden Caulfield, who grew up as a cynical while the pre-adolescent son of a black and an unknown, but for the one, like the martyr of a complete social revolution. The quote of the "youthful," directed in a real president and noted as of the world was constantly present him, and for this reason it found him some-thing.

Yet, Caulfield did not exist, and my guess is not about him. JD Salinger existed

him, even quoted once as saying that the book was somewhat autobiographical. Through the portrayal of a character, my person could relate to in his or her own life. Salinger spoke to millions of people through one little book, one little essay, one one of a boy named Holden, and never spoke of him again.

Shortly after the book's initial popularity in the 1950s, Salinger did a few interviews but then never seemed to satisfy the media ever. Cooperation after his death, it affected each one the same as the last and created the same lasting effect. People we need more, they wanted to know more of the man behind the mask. But he had no other way.

He had himself as his home in Cornish, N.H., and never spoke again. People became

aggravated by his right to privacy and sadness and would make "literary pilgrimages" to his home in Cornish, but were never sort of successful. But he maintained his humanity and his pride, and never spoke a word.

Yet my unconditional respect has not within his cold right, nor his human privilege, but within my own ignorance. I admit, I have never read any of Salinger's works other than *The Catcher in the Rye*. I would like to read his other works, but for now I will but for now I am humbled by what I don't know and the little I do.

So I am left here with no answers, no great books, no last words and the end of time to contemplate the essence behind the existence of one man and his book. And for that reason, though, I am grateful.



Last year, after undergoing surgery to implant a new kind of pacemaker, one with orthological advantages, I was able to go to the hospital. Every time you go to the hospital and find something that leads to medical breakthroughs, like the one that saved Mark's life.

Now I can spend more time with his grandfather.

Kitchener wheelchair relay in full swing

By UNIVERSITY NEWS

Three individuals, volunteers and speakers were and trophies showing until the very end of the Kitchener-Wheelchair Relay on Sept. 15 despite the windy and rainy weather.

The Wheelchair Relay challenge is an opportunity to raise awareness of the Canadian Paraplegic Association Ontario, their services and the abilities of the people in the community living with spinal cord injury.

A spinal cord injury can happen to anyone at any time in an instant. There are 350 to 400 new spinal cord injuries every year in Ontario (approximately one every day) and current estimates indicate that there are approximately 10,000 Ontarians living with spinal cord injury.

Spinal cord injuries affect family, friends, employers, community and the health-care system.

"The statement of a fun day and awareness of the challenges facing people in wheel-

chairs" is what community development on wheels for Sheila O'Neill says people walk away with after participating in the event.

The Wheelchair Relay is a major CPA Ontario fundraising initiative. Funds raised in each community go toward supporting important CPA Ontario programs and services in the Kitchener-Waterloo community. This year marked the 55th year that CPA Ontario has been providing support and services for people with spinal cord injury. Canadian Paraplegic Association Ontario is a not-profit organization whose mission is to assist people with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation.

And it is Kitchener's fourth year being involved with the association.

The Wheelchair Relay Challenge is more than just a competition, it's a wheelchair challenge for able-bodied peo-



PHOTO COURTESY

Wendy Price Schwartz was the fastest time and the top fundraising team from Miller Thompson in the Kitchener-Wheelchair Relay on Sept. 15.

ple and the people with a disability. It is a fun and active way for individuals and teams to better understand the experience of using a wheelchair, while raising awareness and vital funds for those with spinal cord injuries or other physical disabilities.

Teams of five friends, neighbours, friends and co-workers signed up to participate in the challenge as well as individuals who were placed on a team at the event. Each member of the team wheeled around the track and was timed in relay fashion.

This year, Kitchener had a record setting 12 teams sign up as well as raising their highest amount ever, over \$15,000.

There were prizes for most awarded, fastest time, most determined and fastest peddle. The fastest team of the day was The Superstars and the fastest and top fundraising team from Miller Thompson was the Wendy Price Schwartz.

Depending on the amount of money that was raised by each individual, they received a CPA Ontario water bottle a \$25, \$50, \$75 or \$100 gift card for Home, Chapters/Indigo or Winners/Goodies.

For individuals who raised over \$5,000 they received TIF fundraiser benefits that included an invitation to a provincial just event, receipt \$100 in Transit, 10 per cent off their funds raised as a gift card of their choice and a CPA water bottle.

IT

"We like to highlight and inform people of the great accomplishments people in wheelchairs have had over the years."

— Sheila O'Neill

IT

"We like to highlight and inform people of the great accomplishments people in

wheelchairs have had over the years," said O'Neill.

People can, and do make a positive adjustment to life with a spinal cord injury given the right supports at the right time.

"We would like to thank all our sponsors including personal sponsors TIF, Kona Mobility and The Foundation, our regional sponsors, Legacy Personal Injury Law, their event sponsors, Popcycle, Brewery and Entertainment Law and Miller Thompson LLP. We would like to thank Motus Spectacles for the chairs and Jeff Allen from WIS News for a great job as emcee and media sponsor Rogers TV and the Record."

"I would also like to thank all the wonderful volunteers for all their help, the Kitchener-Waterloo Paraplegic Association, Pina Scotton and all the teams for their wonderful spirit and everyone for coming out and making 2008 the best KW relay yet," said O'Neill.

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The Sanctuary swoons over Mandippal

By BEN PARRIS

Students and CSI staff welcomed Mandippal Janda back to Cambridge on Sept. 22 for an intimate show.

He impressed the audience's earbuds at the Sanctuary with a soft acoustic set consisting of original tracks and cover songs. With heartfelt and meaningful lyrics, his original songs touch people's hearts. Students listened intently and sang along to his catchy tunes.

Mandippal is someone who's always consistent and has consistently gotten better," said Cambridge student Justin Soper.

Janda also recently played at Conestoga's Fall Party with other original acoustic artists from Cambridge he plays, family and as the Thomas crew.

Some of his covers he played included Coldplay, Kings of

Leaves, Marika Lekras, John Mayer, Alanis, and even a medley of Beatles' songs. He added a creative twist to the songs acoustically and with his smooth choice of vocal arrangements.

"I like making it sound like a Mandippal song, not someone else's," said Janda. "I like to put my own spin on things."

Janda began performing at Conestoga through Conestoga Organization of Campus Activities (COCA) COCA hosts shows where artists can display their talent. It was there that he met Cambridge student Tara Harwood and has been performing here since.

He is currently working on songs for his new CD that will be available by Christmas.

His first album When It's Only Me Mandippal is available digitally from the artist at www.myspace.com/mandippal.



Mandippal Janda surrounded the audience with soothing originals and covers at the Sanctuary on Sept. 22.

PHOTO BY BEN PARRIS

Go skating to get active

By AMLEY BELL

Grab your skates, Conestoga's Ice Center, and then watch the best skaters as they skate on the public ice.

The arena around Conestoga is offering free skating to members of the community on weekdays from October to March giving the skaters a great way to get active as the days get shorter.

Jeffrey Dault, community of sales and business development for the mall and community center, thinks that it is important to get involved. "It gives the citizens a chance to

be active."

There are free skate sessions in the arena offering free skating. Skating on Oct. 4 free community skating will run between 9:30 p.m. and 1:00 p.m. Mondays at the Arena (Mallard arena) and Tuesdays at the Don McLeann arena. On Wednesdays, the arena has skate sessions between the Lakes arena and the Great River arena. Thursday skaters will start on Oct. 28 at the Fall.

"If students are taking the bus the Lakes arena is close to the school, so it is walking distance from the Power One terminal, which is

accessible via route 36.

For those students not wanting to stay off campus, the Conestoga College recreation center also offers free skating starting on October 11 on Mondays and Tuesdays from 12 p.m. to 3:00 p.m. with skate sessions following from 3 p.m. to 5:00 p.m.

There are lots of opportunities to get fit," said Paula Pedersen, who works at the recreation center at the recreation center.

For more information about the skating free skating go to www.conestoga.ca/recreation/activities/CommunitySkating_Schedule.asp



PHOTO BY AMLEY BELL

Two Conestoga students, a woman and a man, are members of the co-ordinator Charlie Jones and administrator co-ordinator Paula Pedersen are shown at the center's information table on Sept. 20. Students wanting to use the facilities must make sure to bring their student cards to access the gym and link are.

Resident Evil: Afterlife revives zombie movie craze

By CHRISTOPHER SPANGLER

Warning: May contain spoilers.

Some have said that the zombie genre has run its course. However, Resident Evil: Afterlife, however, breathes new life into this old dead with genre.

In the fourth installment, Alice seems to be one of the only remaining humans on the zombie ridden earth. She escapes to Australia, which is supposed to be safe, but she and her friends find out that she has been subjecting themselves to a series of experiments. However, again the survivors of the series are finally a deserted area in Canada. She ends out other survivors to help once and for all destroy

the evil Umbrella Corporation.

Shawn Roberts is introduced as the head of the already evil corporation and primary antagonist. After Walker Roberts helps rescue the point the past three films have made the corporation truly is pure evil. This leaves the audience wondering how well an apocalypse-inducing company can really live on the stock market.

Those who recall the classic video games will especially enjoy this film, as it refers some classic characters and some members from the last installment. As Lance Rennie as her character Claire Redfield, and Wentworth Miller shows as her brother Chris Redfield.

The over-the-top villain also makes an appearance and is played in a heartwarming light scene between Claire and Alice. Many other aspects of the series run the show throughout the film however, these characters and really the whole film franchise itself, only holds a loose connection to the games and it made more as an Easter egg for fans.

Afterlife is one of the many films in series as the 3D has luckily, this movie succeeds greatly without the lobby effects from previous films. However, it was the 3D camera workings presented by director James Cameron, and used in the high grossing film Avatar. The month-long

quality of being for more real life special effects that had resulted in all of the audience in the middle of a new but instead of that.

I give it three out of five stars. The plot is fairly predictable, and leaves an over ending outside for a sequel. There is a scene after the credits that will leave viewers pulling their hair out as a sequel.

Afterlife is truly an easy film to jump into, one does not have to view the previous three movies to understand the film. The movie provides some as enjoyable film from games and characters alike. With a little film already in the way, the franchise seems as enjoyable as dying as the zombies featured.



PHOTO BY BEN PARRIS

Resident Evil: Afterlife opened in theaters on Sept. 20.



PHOTO BY MARCUS MATTHEW

John Imboden, 22, a third-year student at the Indemnitor team, hits the birdie deep into the back court on Sept. 22 at the Conestoga College gym.

Condors are ready to hit some birdies

By MARCUS MATTHEW

As the Indemnitor season makes its closer, Conestoga College is ready to make a splash.

We are a pretty strong team. They say Conestoga's lot (even mentioning winning tennis) at tournaments is that's always a good sign, and fifth-year head coach Tony Parkin, a fourth place finish at nationals and regional tournaments.

Conestoga's respectable finishes at tournaments was reminiscent last year that this year Parkin looks to build on what he thought was a successful season by trying to find more talent in the large tournaments at tournaments.

"This year we had 30 male tennis tryouts. We try to find some areas we might make and transfer," said Parkin.

Though a lot of young players trying and have played high levels of Indemnitor in high school, some reaching it

to their high school regional college Indemnitor is a big jump.

"For a lot of these kids, the college tennis will be a big experience. It is a whole new level," said Parkin.

Building on last year's success will be obtainable as long as third-year veterans Justin Imboden, 22, an accounting, and Cynthia Matheson, 22, an international business management, bring their best every day to the court.

"I have been training with my partner all summer at the K&W Indemnitor club," Imboden said. "It is the only Indemnitor dedicated facility in Kitchener. We put a lot of good games and practices there."

The optimism toward the season and hard work he has put in already has Imboden thinking how he and his partner, Jane Reynolds, will fare this season.

"We should be looking towards nationals," said Imboden.

Matheson also expects more from herself this year after finishing in the middle of the pack at nationals last year.

"This year I plan on doing a lot better. I have been working a lot," she said.

Imboden and Matheson agree the training they have put in will be a big help to their cards this season. However, they also know that the biggest help will be the advice given by coach Parkin.

"He is so supportive and helpful in every way," said Matheson.

He is pretty dedicated to the sport and has a lot of passion for the sport," said Imboden. "He is very encouraging and is just a good coach."

The first Reynolds will be held Feb. 4 and 5 at Conestoga College and the NCAA Championships will take place Feb. 18 and 19 at Princeton College.

"We should have a really good season," said Parkin.

Conestoga women's fastball team drops to 0-7

By MARCUS MATTHEW

For the last five seasons a dark cloud has been looming over the Conestoga College women's fastball team.

After having two straight losing seasons, Conestoga was hoping that this was the season where they would turn it all around and go from perennial losers to contenders.

With a 0-7 start this year, there doesn't seem to be much light at the end of the tunnel. However, instead of throwing in the towel, players and coaches are sporting a positive and optimistic attitude.

"If you have a good attitude it's hard to get negative and be down on yourself and everyone picks each other up," said Conestoga player Christine Collins.

On Sept. 28 Conestoga lost to St. Clair in a doubleheader. Both teams had to battle the elements of nature as the skies were dark and the weather was cold and rainy. Early on in the first game it seemed as though Conestoga wouldn't have a chance to get their first win in St. Clair was off and running. Several stolen bases and good hits resulted in an early 8-3 lead.

In the second inning Conestoga did something they hadn't done in four straight games, score a run. In the next inning they continued to show life by scoring three more runs. It wasn't enough to stop the red hot hitting of St. Clair though, as they defeated Conestoga 14-4.

Head coach and former player Ryan Day knows his

team is trying and still looking for the hopes but he is still looking out there to win some games in the near future.

"They will come out and they will try to practice. They're trying, I just don't know what the magic formula is," said Day.

In the second game Conestoga was hoping they could figure out that formula. After three innings things St. Clair scored one run in the fourth while Conestoga got two. With Conestoga leading 2-1 and just a few innings left, it seemed as though the women's program would finally be out. However, St. Clair had other plans. They scored five runs in the fifth. Conestoga wasn't able to come back from the four runs before leaving 8-2.

Being winless at this point in the season isn't what Conestoga players and coaches had anticipated. With the team trying to build their entry, they're staying close and not leaving.

"Every day in a new game and every day we're trying," said Conestoga infielder Jennie DeBontea.

Conestoga never gave up in their doubleheader and didn't plan on giving up anytime soon. They're keeping their heads held high and aren't dwelling on the past.

"We are in keeping their heads when we're out on our own," said Day.

With only a few more games left, Conestoga is hoping they can muster up a few wins and build momentum heading into next season.



PHOTO BY MARCUS MATTHEW

In the second game of a doubleheader vs. St. Clair, Conestoga's pitcher winds up as she gets ready to deliver a strike to one of the St. Clair batters on a 1st day Sept. 28 at Conestoga College. Conestoga lost both games that day.

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